



Taking care of your mouth while you are pregnant is important. Schedule a dental appointment early in pregnancy to prevent dental problems for you and your child.

# Healthy Smiles for Two

Lower the risk of your baby having dental decay.

- By improving your oral health
- By not sharing spoons or licking pacifiers which may transfer decay-causing germs to your baby.

## Dental Home by Age 1

Your child should visit a dentist when the first tooth comes in, usually between 6 and 12 months of age. This visit will establish a dental home for your child.

Early dental care will protect your child's smile now and in the future.

**1<sup>st</sup> dental visit by 1<sup>st</sup> Birthday**